## **ATTACHMENT**

## **Massachusetts Department of Correction**

## Physical Fitness Assessment Battery Standards

Male Entrance Stan	dards		
AGE	SIT UPS	PUSH UPS	1.5-MILE RUN
19.5 - 29	(I minute) 29 Reps	(I minute) 22 Reps	( <i>Timed</i> ) 16:04
30 – 39	26 Reps	18 Reps	17:00
40 – 49	22 Reps	14 Reps	18:06
50 - 50+	18 Reps	10 Reps	19:18
Semale Entrance St	andards		
Female Entrance Sta	SIT UPS	PUSH UPS (I minute)	1.5-MIILE RUN (Timed)
AGE 19.5 - 29		PUSH UPS (I minute) 17 Reps	1.5-MIILE RUN (Timed) 19:18
AGE	SIT UPS (I minute)	(I minute)	(Timed)
AGE 19.5 - 29	SIT UPS (I minute) 24 Reps	(I minute) 17 Reps	(Timed) 19:18